

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>2</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>	<p>3</p> <p>Foot Care (by appt)</p>	<p>4</p> <p>9:00 Walking Group 10:30 Blood Pressure 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong</p>
<p>7</p> <p>9:00 Walking Group 10:00 Book Club 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>8</p> 	<p>9</p> <p>9:00 Walking Group 10:30 Quilting/Needle Arts 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>	<p>10</p> <p>Senior Trip: Topgolf, Renton Leaving GMVCC 9:15</p>	<p>11 Veterans Day Lunch</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Friday Movie</p>
<p>14</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>15</p> 	<p>16</p> <p>Birthday Lunch</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong 1:00 Bunco</p>	<p>17</p> <p>Senior Trip: Snoqualmie Casino Leaving GMVCC 9:00</p> <p>Foot Care (by appt)</p>	<p>18</p> <p>9:00 Walking Group 10:30 Chair Exercise 10:30 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Drop In Craft</p>
<p>21</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>22</p> 	<p>23 Thanksgiving Lunch</p> <p>9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle 11:00 Bingo 12:05 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>		
<p>28</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>29</p> 	<p>30</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>		

Lunch is served every M/W/F promptly at noon.



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+ **November 2022**

Trip/tour fees include planning, transportation, parking, and driver expenses. Most trips include a no-host lunch. You **MUST** sign up and pay for all trips in advance at the front desk. All schedules are subject to change.

BRING A FRIEND TO LUNCH

All November is bring a friend to lunch. If your friend is new to the GMVCC or has not been here in awhile your friend eats for free. In addition, you will be eligible for our contest drawing. Good Luck!

Monday, November 7

Book Club: The Last Debutantes

Get reading and join the conversation! Reading is fun and good for you. Join our monthly book club for lively conversation. Selections for our club include titles from both fiction and non-fiction. We meet on the first Monday of each month at 10:00am in the GMVCC library. You are responsible for getting your copy of the book. This month, we will be discussing *The Last Debutantes* by Georgie Balock.

Thursday, November 10

Senior Trip: Top Golf

Top Golf opened in Renton! No pressure to have a good golf swing or score a lot of points. It's about everyone having a good time in a climate controlled hitting bays. Sign up at the front desk space is limited. In addition to the trip cost there is an additional \$5 charge at Top Golf per person. This trip is \$35.00 and money is needed for lunch.

Friday, November 11

Veterans Day Lunch

Each year Veterans Day pays tribute to all American veterans and gives thanks to all veterans who served their country honorably during war or peacetime. On this day Greater Maple Valley Community Center will be honoring all veterans. See you there!

Wednesday, November 16

Happy Birthday

Let's wish Happy Birthday to everyone with a birthday this month! Bingo is at 11:00, and lunch at 12:00, with birthday treats. If your birthday is this month, Bingo is FREE!

Wednesday November 16

Bunco

Gather your friends and join us for a fun afternoon of laughter and socializing while playing this simple, addictive dice game! You do not need to know how to play, we will re-learn together. Reserve your free spot at the front desk.

Thursday, November 17

Senior Trip: Snoqualmie Casino

Join us for a fun trip to one of the favorite local casinos. Snoqualmie Casino has 1,700 state of the art slot machines, 54 classic gaming tables all with a great view. This trip is \$12 plus bring money for lunch. Space is limited sign up at the front desk. Leaving GMVCC 9am.

Friday November 18

Drop In Craft

Join us for a fun, delightful afternoon of crafting. We have selected by popular choice a fun craft for the month of October. No skills are necessary. Just good conversation and a relaxing time. All supplies will be provided. Space is limited please sign up at the front desk.



We celebrate our participants birthdays monthly, on the third or fourth Wednesday. Bingo is at 11:00 and lunch is at 12:00. If your birthday is in November this is free to you!



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425-432-1272

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